



10 Golden Rules for Defensive Play

1 DEFENSIVE PLAY STARTS AS SOON AS THE PUCK IS LOST

In hockey, defense begins the moment your team loses possession. Staying alert and quickly transitioning to a defensive mindset is crucial to thwarting the opponent's advances.

2 ALWAYS HAVE ONE PLAYER PRESSURING THE OPPONENT WITH THE PUCK

Maintaining pressure on the opponent with the puck disrupts their decision-making and limits their options. A relentless pursuit can force turnovers and regain control for your team.

3 GUIDE THE OPPONENT TOWARDS THE BOARDS AND CORNERS

Funneling your opponent towards the boards and corners reduces their angles and space, making it harder for them to make plays in the high-scoring areas of the ice.

4 DEFENSIVE COMPACTNESS – THE ENTIRE TEAM DEFENDS

Effective defense isn't solely the responsibility of defensemen and goalies. All players on the ice must contribute to defensive efforts, forming a cohesive unit to protect the net.

5 WHEN ENTERING THE NEUTRAL ZONE, HAVE THREE PLAYERS “ON THE PUCK”

Controlling the neutral zone is pivotal for defensive success. By having multiple players converge on the puck carrier, you limit their options and increase the likelihood of regaining possession.

6 POSITION YOURSELF BETWEEN THE OPPONENT AND YOUR OWN NET

Proper positioning is key. Always strive to place yourself between the opponent and your goaltender, making it difficult for them to get clear shots on goal.

7 KEEP AN EYE ON THE OPPONENT YOU'RE MARKING AND THE PUCK

Effective defense involves constant awareness. While marking an opponent, it's essential to also track the movement of the puck to anticipate plays and react accordingly.

8 ABOVE ALL, PLAY STICK ON STICK

A fundamental defensive principle is to use your stick to disrupt passes, block shots, and impede your opponent's progress. Keeping your stick in the passing lanes is paramount.

9 WIN PUCKS IN THE GOAL-SCORING AREA

Defensive success includes preventing the opponent from getting high-quality scoring chances. Winning battles for the puck in front of your net minimizes these opportunities.

10 AS SOON AS YOU GAIN POSSESSION OF THE PUCK, THINK OFFENCE – PLAY IT FORWARD!

Transitioning from defense to offense requires quick decision-making. Once you gain possession, look to move the puck up the ice to create scoring opportunities and catch the opponent off-guard.